

Food Preparation and Nutrition Curriculum Map 2021-22

Curriculum Intent

To create a Food Preparation and Nutrition curriculum that:

- Develops students confidence and passion of the food industry through hands-on experiences
- Enables students to make healthy and nutritious meals for themselves and others (life skills)
- Allows students to understand food provenance
- Allows students to investigate food science and understand the functional and chemical properties of food
- Develops students understanding of food choice and factors affecting food choice
- Explores foods from around the world

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Why is safety and hygiene important in the food room?	What's this for and how does it work?	What makes a great biscuit?	What is sensory evaluation?	What makes food seasonal?	What is healthy eating?
Year 8	What are nutrients?	Why do we need nutrients?	What do the ingredients do in a cake?	What makes a celebration cake?	How is bread made?	What's the function of the ingredients in a bread loaf?
Year 9	Why do we need to eat certain food groups?	Why is pasta such a popular food?	What makes people choose certain foods?	N/A	N/A	N/A
Year 10	What is the function of macronutrients and micronutrients?	How do nutritional needs differ for individual people?	Why is food cooked and how is heat transferred?	Why does food go off?	What factors affect people's food choice?	What are the environmental factors that affect food?
Year 11	How can we make food sustainable?	NEA 2 Preparation	NEA 2 Preparation First NEA Practical Examination	NEA 2 Preparation Second NEA Practical Examination Deadline for NEA 2	Exam Preparation and Revision	Exam Preparation and Revision